

MOOD BUSTERS

LEARN ABOUT MOOD
DISORDERS IN THIS
FUN WORKBOOK

MENTAL HEALTH WEEK

May 6 - 12, 2024



MDAM
MOOD DISORDERS
ASSOCIATION OF MANITOBA

*Helping People
Help Themselves*

THIS WORKBOOK
BELONGS TO:

NAME:

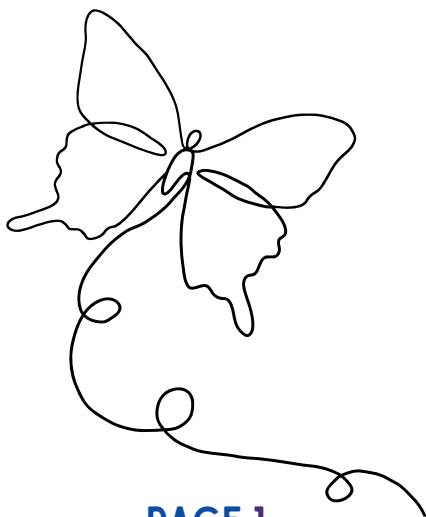


ANXIETY A-Z

O	P	N	E	R	V	O	U	S	L	S	S	V	S
S	I	O	I	R	V	H	D	W	O	R	R	Y	C
E	N	I	T	E	N	S	I	O	N	Y	O	T	T
P	A	S	G	U	N	E	A	S	E	B	R	G	S
E	U	L	C	N	E	G	N	I	T	A	E	W	S
A	S	U	I	G	I	S	S	S	D	T	T	T	F
N	E	P	N	R	S	K	S	Y	H	A	R	E	I
X	A	M	A	S	A	E	A	G	E	I	C	P	D
I	A	O	P	I	R	C	G	H	I	N	O	I	G
E	S	C	B	T	O	E	I	O	S	S	O	G	E
T	D	O	S	A	G	I	T	A	T	I	O	N	T
Y	H	A	V	O	I	D	A	N	C	E	V	R	I
P	R	E	S	T	L	E	S	S	N	E	S	S	N
I	A	P	P	R	E	H	E	N	S	I	O	N	G

- SHAKING
- TENSION
- AVOIDANCE
- AGITATION
- PHOBIA
- APPREHENSION
- RESTLESSNESS
- FIDGETING
- UNEASE
- STRESS
- NERVOUS
- NAUSEA
- SWEATING
- WORRY
- ANXIETY
- COMPULSION
- PANIC

Answer: Page 14





*I Breathe in
Confidence and
Exhale all Fear*



BIPOLAR WARRIORS

I	A	G	I	T	A	T	I	O	N	M	N	I	R
M	O	E	A	A	H	Y	P	O	M	A	N	I	A
P	Y	L	C	W	I	T	H	D	R	A	W	N	C
U	T	D	C	I	T	E	G	R	E	N	E	O	I
L	I	O	E	V	M	F	I	L	M	O	M	U	N
S	S	U	C	P	O	M	O	O	D	Y	F	S	G
I	O	T	O	G	R	N	I	A	M	N	A	N	T
V	I	S	G	C	L	E	N	E	T	E	T	O	H
I	D	Y	N	O	E	M	S	O	N	M	I	I	O
T	N	T	I	P	N	A	O	S	N	T	G	S	U
Y	A	L	T	I	T	N	M	O	I	T	U	U	G
I	R	I	I	N	L	I	N	S	I	O	E	L	H
G	G	U	V	G	S	C	I	O	S	A	N	E	T
Y	T	G	E	V	O	L	A	T	I	L	E	D	S

- RACING THOUGHTS
- FOGGY
- AGITATION
- ENERGETIC
- IMPULSIVITY
- MOODY
- GUILT
- DEPRESSION
- DELUSIONS
- HYPOMANIA
- GRANDIOSITY
- WITHDRAWN
- INSOMNIA
- COPING
- VOLATILE
- COGNITIVE
- FATIGUE
- MANIC

Answer: Page 15



SUDOKU FUN #1

				7	1	2		
			4	2	8	3	7	
2					4	5	6	
		7	8	6	9			
	8	4		5	7		2	
	6	2	9		3			
3			7	4	2			
5		7	8	2		6	4	1
	2	1				7	3	

CREATED ON: www.theteacherscorner.net

7			9	5				8
	3	1	6		8	5		
5	4			3	2			6
		5		8	9			
		3	2		6		5	9
8			3					
3	1	9		6		4	2	5
6	5		4	2				
2	8					6	3	7

7	5					8	1	9
2		4		9		5	6	
		1	6		5	4		
6	2	8	5	4		3	9	
				6	8	2		4
	4	5	1		9	7	8	
	6				2		4	
4	1							8
8			4			1		

CREATED ON: www.theteacherscorner.net

	5		8	6				4
	6	4			5	8		
	8	9		2				6
		8	4	9	1	7	2	6
4	1	6						
	7	2	6			4		
8	4							7
6		1	2		7	3		
7	2		1	8			9	4

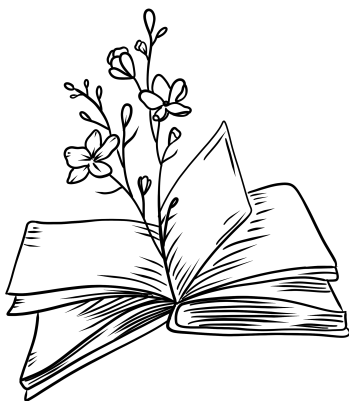
Answer: Page 16

SHADES OF BLUE: DISCOVERING DEPRESSION

N	O	I	T	A	L	O	S	I	W	I	R	F	E
Y	I	R	R	I	T	A	B	I	L	T	I	Y	A
L	A	P	A	T	H	Y	E	A	F	L	A	N	P
O	W	P	Y	T	E	I	X	N	A	O	Y	O	E
H	I	I	Y	P	A	R	E	H	T	N	N	I	D
C	L	Y	T	H	T	I	E	T	I	E	S	T	A
N	T	R	R	H	E	L	N	Y	G	L	U	A	R
A	S	E	I	T	D	L	I	L	U	I	P	C	K
L	S	V	Y	A	E	R	P	U	E	N	P	I	E
E	E	O	I	D	P	A	A	L	G	E	O	D	E
M	N	C	G	A	O	S	R	W	E	S	R	E	I
A	D	E	W	A	B	O	E	F	A	S	T	M	I
C	A	R	O	U	O	U	M	D	U	L	S	T	C
T	S	H	L	T	O	H	O	P	E	L	E	S	S

- IRRITABILITY
- LONELINESS
- HOPELESS
- MELANCHOLY
- LOW
- WITHDRAWAL
- DARK
- MEDICATION
- MOODY
- ISOLATION
- APATHY
- SUPPORT
- RECOVERY
- HELPLESS
- SADNESS
- ANXIETY
- FATIGUE
- TEARFUL
- THERAPY
- DESPAIR
- GUILT

Answer: Page 17





I AM AMAZED
BY WHAT
I CAN DO

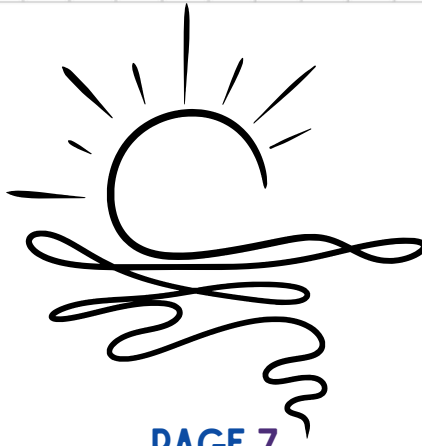


SEASONAL AFFECTIVE DISORDER

A	W	E	A	D	L	I	F	E	S	T	Y	L	E
N	I	H	C	I	R	C	A	D	I	A	N	R	I
P	N	T	R	E	A	T	M	E	N	T	S	D	U
S	T	O	S	D	N	E	S	S	E	N	D	A	S
Y	E	A	W	A	R	E	N	E	S	S	Y	Y	D
C	R	S	E	U	G	I	T	A	F	I	S	L	E
H	L	E	S	S	R	O	O	D	T	U	O	I	P
I	A	A	L	E	A	L	T	Y	H	T	H	G	R
A	M	S	E	G	I	E	C	A	G	H	S	H	E
T	E	O	E	N	N	N	O	D	I	E	T	T	S
R	N	N	P	A	D	E	P	I	L	R	R	M	S
I	T	A	D	H	O	R	I	L	N	A	E	O	I
S	A	L	H	C	O	G	N	O	U	P	S	O	O
T	L	E	M	T	R	Y	G	H	S	Y	S	D	N

- SEASONAL
- DAYLIGHT
- PSYCHIATRIST
- FATIGUE
- SADNESS
- SLEEP
- STRESS
- MENTAL
- CHANGES
- CIRCADIAN
- LIFESTYLE
- TREATMENT
- ENERGY
- THERAPY
- WINTER
- AWARENESS
- INDOOR
- DEPRESSION
- OUTDOORS
- SUNLIGHT
- COPIING
- HOLIDAY
- MOOD

Answer: Page 18



SUDOKU FUN #2

3	7			6	2	1	
	6			4	1		
			3		7	6	9
	5			1	2		
		7			9		2
	9	1			3	7	6
5	2	9				4	7
	3		6	9	4	1	5
1			2				8

CREATED ON: www.theteacherscorner.net

1		8		2		9	
	7		5	6			1
		2		8	1	5	4
	6	7	8	1		4	
			6	7	5		1
	8	1		3			5
3	2	6	7	4		1	9
7			2			3	8
8				5			7

1		3	8	2			4	9
		4	3			1		
		9			4			
4	9		2			5		
2	3		7			4		6
8		6		9		2	7	3
		1		7		3	2	4
9	4	2		1			8	
3	7					9		1

CREATED ON: www.theteacherscorner.net

	2	3	1		9		7	4
				4			2	1
	7		5	2		8	9	6
						4		2
	1	2			6	7	3	8
	8		2	3			1	
2			4				8	3
		1			2		4	5
		8		9	1	2		7

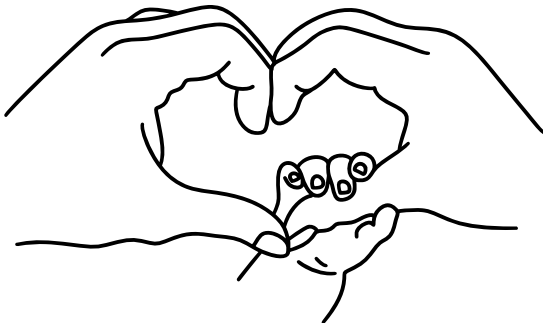
Answer: Page 19

BABY BLUES: POSTPARTUM DEPRESSION

Y	T	L	U	C	I	F	F	I	D	O	O	M	N
L	H	O	R	M	O	N	E	S	G	Y	S	O	M
N	O	I	T	A	L	O	S	I	P	S	I	S	U
S	S	E	N	E	R	A	W	A	E	S	S	B	T
B	G	U	I	L	T	L	R	N	S	E	G	A	R
O	S	S	R	N	H	E	L	E	N	T	N	B	A
N	A	U	E	N	H	L	R	S	N	G	I	Y	P
D	I	P	H	T	E	P	S	E	F	N	N	G	T
I	N	P	T	W	E	E	M	G	A	I	E	N	S
N	F	O	O	D	L	T	L	N	M	Y	E	I	O
G	A	R	M	E	A	I	N	A	I	R	R	P	P
T	N	T	P	E	I	E	E	H	L	C	C	O	S
I	T	O	R	E	I	P	I	C	Y	N	S	C	E
H	H	T	D	N	O	I	T	S	U	A	H	X	E

- SCREENING
- WELLNESS
- MOOD
- AWARENESS
- CHANGES
- BABY
- POSTPARTUM
- BONDING
- GUILT
- DEPRESSION
- HORMONES
- ISOLATION
- EXHAUSTION
- HOPELESSNESS
- SUPPORT
- DIFFICULTY
- TREATMENT
- INFANT
- COPING
- CRYING
- MOTHER
- THERAPY
- FAMILY

Answer: Page 20



A black and white line-art illustration of a dense garden. The scene is filled with various types of flowers, including large multi-petaled blooms, smaller daisy-like flowers, and tulip-like shapes. There are also many leaves of different shapes and sizes, some with detailed vein patterns. A central circular frame with a thick black border contains the text. The overall style is intricate and detailed, typical of a coloring page or a decorative background.

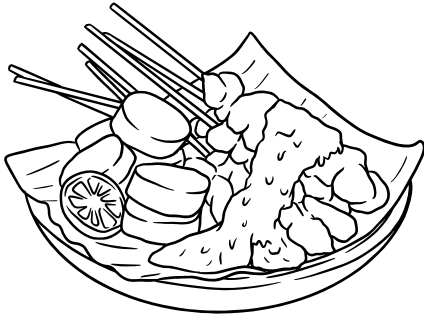
BE YOUR
OWN KIND
OF
BEAUTIFUL

MIND MAZE: UNRAVELING DISORDERED EATING

N	E	E	T	H	G	I	E	W	R	I	T	D	I
L	A	N	O	I	T	O	M	E	L	A	C	S	R
T	A	N	X	I	E	T	Y	S	H	A	M	E	S
R	N	I	C	D	N	E	S	I	C	R	E	X	E
I	D	E	O	I	E	O	A	I	M	I	L	U	B
G	E	T	N	E	M	T	A	E	R	T	G	E	Y
G	R	C	T	T	T	R	O	P	P	U	S	P	B
E	E	I	R	I	N	U	T	R	I	T	I	O	N
R	D	R	O	N	M	A	R	L	N	S	E	P	S
S	R	T	L	G	L	O	T	N	E	B	R	U	T
T	O	S	I	A	N	O	R	E	X	I	A	R	A
O	S	E	L	U	F	D	N	I	M	N	A	G	R
E	I	R	B	O	D	Y	I	M	A	G	E	E	V
E	D	E	C	Y	R	E	V	O	C	E	R	A	E

- SHAME
- EMOTIONAL
- GUILT
- DIETING
- TREATMENT
- BULIMIA
- WEIGHT
- EXERCISE
- TRIGGERS
- NUTRITION
- MINDFUL
- BINGE
- RECOVERY
- DISORDERED
- RESTRICT
- BODY IMAGE
- PURGE
- ANOREXIA
- ANXIETY
- CONTROL
- SUPPORT
- SCALE
- STARVE

Answer: Page 21



SUDOKU FUN #3

8	2	3	1			9		
5			8	3	9			
	9			7		8	6	3
		7	4	8		6		9
					5	7	8	1
9	8		6		7			5
				4				
6	1	9			8	4		
	4	8	3		1		9	6

CREATED ON: www.TheTeachersCorner.net

1				7	3	8	6	
5	6	4			1	7	3	
			9		4		5	1
		6		3		4		
	5		7			6	1	8
		1	8		6	3		
4	8	5	6	1		9		
			3			5	4	
	9		4	5				6

	4	6	2	8	7		1	9
8		7	6			3		2
2	9		3			6	8	7
		8	7	3		4		1
		5			4			3
4						9	7	8
7							2	4
	8		9		2	1		
						7	9	5

CREATED ON: www.TheTeachersCorner.net

4		1	6			5		
	3		4		2	6	1	9
	2		5	1	9		3	
2						9		6
		8	2		4			3
9		3	8	6		1		2
	4		7	2			9	
	8						2	7
7		2		4	3			5

Answer: Page 22

“

ANSWERS

”



ANXIETY A-Z

ANSWER KEY

O	P	N	E	R	V	O	U	S	L	S	S	V	S
S	I	O	I	R	V	H	D	W	O	R	R	Y	C
E	N	I	T	E	N	S	I	O	N	Y	O	T	T
P	A	S	G	U	N	E	A	S	E	B	R	G	S
E	U	L	C	N	E	G	N	I	T	A	E	W	S
A	S	U	I	G	I	S	S	S	D	T	T	T	F
N	E	P	N	R	S	K	S	Y	H	A	R	E	I
X	A	M	A	S	A	E	A	G	E	I	C	P	D
I	A	O	P	I	R	C	G	H	I	N	O	I	G
E	S	C	B	T	O	E	I	O	S	S	O	G	E
T	D	O	S	A	G	I	T	A	T	I	O	N	T
Y	H	A	V	O	I	D	A	N	C	E	V	R	I
P	R	E	S	T	L	E	S	S	N	E	S	S	N
I	A	P	P	R	E	H	E	N	S	I	O	N	G

BIPOLAR WARRIORS

ANSWER KEY

I	A	G	I	T	A	T	I	O	N	M	N	I	R
M	O	E	A	A	H	Y	P	O	M	A	N	I	A
P	Y	L	C	W	I	T	H	D	R	A	W	N	C
U	T	D	C	I	T	E	G	R	E	N	E	O	I
L	I	O	E	V	M	F	I	L	M	O	M	U	N
S	S	U	C	P	O	M	O	O	D	Y	F	S	G
I	O	T	O	G	R	N	I	A	M	N	A	N	T
V	I	S	G	C	L	E	N	E	T	E	T	O	H
I	D	Y	N	O	E	M	S	O	N	M	I	I	O
T	N	T	I	P	N	A	O	S	N	T	G	S	U
Y	A	L	T	I	T	N	M	O	I	T	U	U	G
I	R	I	I	N	L	I	N	S	I	O	E	L	H
G	G	U	V	G	S	C	I	O	S	A	N	E	T
Y	T	G	E	V	O	L	A	T	I	L	E	D	S

SUDOKU FUN #1

ANSWER KEY

3	8	4	6	5	7	1	2	9
1	6	5	9	4	2	8	3	7
7	2	9	3	1	8	4	5	6
2	5	3	7	8	6	9	1	4
9	1	8	4	3	5	7	6	2
4	7	6	2	9	1	3	8	5
6	3	1	5	7	4	2	9	8
5	9	7	8	2	3	6	4	1
8	4	2	1	6	9	5	7	3

7	6	2	9	5	4	3	1	8
9	3	1	6	7	8	5	4	2
5	4	8	1	3	2	7	9	6
4	2	5	7	8	9	1	6	3
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8	9	6	3	1	5	2	7	4
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6	5	7	4	2	3	9	8	1
2	8	4	5	9	1	6	3	7

7	5	6	2	3	4	8	1	9
2	8	4	7	9	1	5	6	3
9	3	1	6	8	5	4	7	2
6	2	8	5	4	7	3	9	1
1	7	9	3	6	8	2	5	4
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4	1	7	9	5	3	6	2	8
8	9	2	4	7	6	1	3	5

3	5	7	8	6	9	1	4	2
2	6	4	3	1	5	8	7	9
1	8	9	7	2	4	5	6	3
5	3	8	4	9	1	7	2	6
4	1	6	5	7	2	9	3	8
9	7	2	6	3	8	4	5	1
8	4	3	9	5	6	2	1	7
6	9	1	2	4	7	3	8	5
7	2	5	1	8	3	6	9	4

SHADES OF BLUE: DISCOVERING DEPRESSION

ANSWER KEY

N	O	I	T	A	L	O	S	I	W	I	R	F	E
Y	I	R	R	I	T	A	B	I	L	T	I	Y	A
L	A	P	A	T	H	Y	E	A	F	L	A	N	P
O	W	P	Y	T	E	I	X	N	A	O	Y	O	E
H	I	I	Y	P	A	R	E	H	T	N	N	I	D
C	L	Y	T	H	T	I	E	T	I	E	S	T	A
N	T	R	R	H	E	L	N	Y	G	L	U	A	R
A	S	E	I	T	D	L	I	L	U	I	P	C	K
L	S	V	Y	A	E	R	P	U	E	N	P	I	E
E	E	O	I	D	P	A	A	L	G	E	O	D	E
M	N	C	G	A	O	S	R	W	E	S	R	E	I
A	D	E	W	A	B	O	E	F	A	S	T	M	I
C	A	R	O	U	O	U	M	D	U	L	S	T	C
T	S	H	L	T	O	H	O	P	E	L	E	S	S

SEASONAL AFFECTIVE DISORDER

ANSWER KEY

A	W	E	A	D	L	I	F	E	S	T	Y	L	E
N	I	H	C	I	R	C	A	D	I	A	N	R	I
P	N	T	R	E	A	T	M	E	N	T	S	D	U
S	T	O	S	D	N	E	S	S	E	N	D	A	S
Y	E	A	W	A	R	E	N	E	S	S	Y	Y	D
C	R	S	E	U	G	I	T	A	F	I	S	L	E
H	L	E	S	S	R	O	O	D	T	U	O	I	P
I	A	A	L	E	A	L	T	Y	H	T	H	G	R
A	M	S	E	G	I	E	C	A	G	H	S	H	E
T	E	O	E	N	N	N	O	D	I	E	T	T	S
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I	T	A	D	H	O	R	I	L	N	A	E	O	I
S	A	L	H	C	O	G	N	O	U	P	S	O	O
T	L	E	M	T	R	Y	G	H	S	Y	S	D	N

SUDOKU FUN #2

ANSWER KEY

3	7	4	9	5	6	2	1	8
9	6	2	8	4	1	5	3	7
8	1	5	3	2	7	6	4	9
6	5	3	7	1	2	8	9	4
4	8	7	5	6	9	3	2	1
2	9	1	4	8	3	7	6	5
5	2	9	1	3	8	4	7	6
7	3	8	6	9	4	1	5	2
1	4	6	2	7	5	9	8	3

1	5	8	4	2	7	9	6	3
4	7	3	5	6	9	2	1	8
6	9	2	3	8	1	5	4	7
5	6	7	8	1	2	4	3	9
9	3	4	6	7	5	8	2	1
2	8	1	9	3	4	7	5	6
3	2	6	7	4	8	1	9	5
7	1	5	2	9	6	3	8	4
8	4	9	1	5	3	6	7	2

1	5	3	8	2	7	6	4	9
7	8	4	3	6	9	1	5	2
6	2	9	1	5	4	8	3	7
4	9	7	2	3	6	5	1	8
2	3	5	7	8	1	4	9	6
8	1	6	4	9	5	2	7	3
5	6	1	9	7	8	3	2	4
9	4	2	6	1	3	7	8	5
3	7	8	5	4	2	9	6	1

6	2	3	1	8	9	5	7	4
8	5	9	6	4	7	3	2	1
1	7	4	5	2	3	8	9	6
9	3	6	7	1	8	4	5	2
4	1	2	9	5	6	7	3	8
7	8	5	2	3	4	6	1	9
2	9	7	4	6	5	1	8	3
3	6	1	8	7	2	9	4	5
5	4	8	3	9	1	2	6	7

BABY BLUES: POSTPARTUM DEPRESSION

ANSWER KEY



UNRAVELING DISORDERED EATING

ANSWER KEY

N	E	E	T	H	G	I	E	W	R	I	T	D	I
L	A	N	O	I	T	O	M	E	L	A	C	S	R
T	A	N	X	I	E	T	Y	S	H	A	M	E	S
R	N	I	C	D	N	E	S	I	C	R	E	X	E
I	D	E	O	I	E	O	A	I	M	I	L	U	B
G	E	T	N	E	M	T	A	E	R	T	G	E	Y
G	R	C	T	T	T	R	O	P	P	U	S	P	B
E	E	I	R	I	N	U	T	R	I	T	I	O	N
R	D	R	O	N	M	A	R	L	N	S	E	P	S
S	R	T	L	G	L	O	T	N	E	B	R	U	T
T	O	S	I	A	N	O	R	E	X	I	A	R	A
O	S	E	L	U	F	D	N	I	M	N	A	G	R
E	I	R	B	O	D	Y	I	M	A	G	E	E	V
E	D	E	C	Y	R	E	V	O	C	E	R	A	E

SUDOKU FUN #3

ANSWER KEY

8	2	3	1	6	4	9	5	7
5	7	6	8	3	9	2	1	4
4	9	1	5	7	2	8	6	3
1	5	7	4	8	3	6	2	9
3	6	4	2	9	5	7	8	1
9	8	2	6	1	7	3	4	5
2	3	5	9	4	6	1	7	8
6	1	9	7	5	8	4	3	2
7	4	8	3	2	1	5	9	6

1	2	9	5	7	3	8	6	4
5	6	4	2	8	1	7	3	9
7	3	8	9	6	4	2	5	1
8	7	6	1	3	5	4	9	2
2	5	3	7	4	9	6	1	8
9	4	1	8	2	6	3	7	5
4	8	5	6	1	7	9	2	3
6	1	2	3	9	8	5	4	7
3	9	7	4	5	2	1	8	6

3	4	6	2	8	7	5	1	9
8	5	7	6	9	1	3	4	2
2	9	1	3	4	5	6	8	7
6	2	8	7	3	9	4	5	1
9	7	5	8	1	4	2	6	3
4	1	3	5	2	6	9	7	8
7	6	9	1	5	3	8	2	4
5	8	4	9	7	2	1	3	6
1	3	2	4	6	8	7	9	5

4	9	1	6	3	7	5	2	8
5	3	7	4	8	2	6	1	9
8	2	6	5	1	9	4	3	7
2	5	4	3	7	1	9	8	6
1	6	8	2	9	4	7	5	3
9	7	3	8	6	5	1	4	2
6	4	5	7	2	8	3	9	1
3	8	9	1	5	6	2	7	4
7	1	2	9	4	3	8	6	5

GET HELP WHEN YOU NEED IT

If you find yourself needing to talk to someone, we are here for you. The Mood Disorders Association of Manitoba operates a toll free peer support line, 7 days per week, Monday - Sunday from 9 am - 9pm. Please note this is not a crisis support service. If you find yourself in crisis, please review the list below.

PEER SUPPORT: 204-560-1461

TOLL-FREE: 1-800-263-1460

HOURS OF OPERATION: 9-9 MON-SUN

CRISIS SUPPORT

The Mood Disorders Association of Manitoba does not offer crisis support services. Here's a list of contacts we recommend throughout Manitoba for anyone experiencing a crisis situation, including suicide. These contacts offer support services, confidential counselling, and referrals at no cost. Many offer services 24 hours 7 days a week.

WINNIPEG CRISIS PHONE LIST

Klinic 24 Hour Crisis Line: 204-786-8686 or 1-888-322-3019

Klinic Sexual Assault Line (24 Hours): 204-786-8631 or 1-888-292-7565

Main Street Project: 204-982-8245

Manitoba Suicide Line (24 Hours): 1-877-435-7170

Mobile Crisis Unit: 204-940-1781

Willow Place Crisis Line: 204-615-0311 or 1-877-977-0007

Crisis Stabilization Unit, 755 Portage Avenue: 204-940-3633

Crisis Response Centre, 817 Bannatyne Ave: 204-940-1781

YOUTH WINNIPEG CRISIS PHONE LIST

Klinic Crisis Line: 204-786-8686 or 1-888-322-3019

Klinic Sexual Assault Line: 204-786-8631 or 1-888-292-7565

Manitoba Suicide Line (24 Hours): 1-877-435-7170 or 204-784-4097 or reasontolive.ca

Youth Mobile Crisis Unit (17 & under): 204-949-4777 or 1-888-383-2776

Kids Help Phone (National Line): 1-800-668-6868

Crisis Text Line: text CONNECT to 686868

Emergency Shelter/ Youth Resource Centre: 159 Mayfair Ave 204-477-1804 or 1-888-477-1804

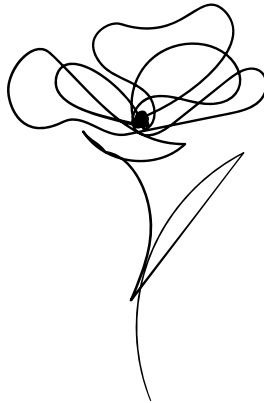
Manitoba Farm & Rural Support Services: 1-866-367-3276

RURAL CRISIS PHONE LIST

All Rural Farm and Rural Stress Line: 866-367-3276
Interlake: 866-427-8628
North Eastman: 866-427-8628
South Eastman: 204-326-9276 or toll-free 888-617-7715
Burntwood: 204-677-2381
Flin Flon: 204-689-9611
The Pas: 204-627-8224
Portage La Prairie: 204-857-6369
Winkler: 204-857-6369
Brandon and Assiniboine: 888-379-7699

INDIGENOUS CRISIS PHONE LIST

IRSSS Toll-Free Line: 1-800-721-0066
24hr National Crisis Line: 1-866-925-4419
KUU-US Crisis Line: 1-800-588-8717
Tsow-Tun-Le Lum: 1-866-925-4419
Talk4Healing, Counselling for Indigenous Women: 1-855-554-4325
Anishnawbe Health 24/7 Mental Health Crisis Management Service: 1-855-242-3310
Hope for wellness Line: 1-855-242-3310
MMIWG Inquiry Support Line: 1-844-413-6649 (or info@mmiwg-ffada.ca)
Nunavut Kamatsiagtut Help Line: 1-800-265-3333





MDAM
MOOD DISORDERS
ASSOCIATION OF MANITOBA

Helping People Help Themselves